

Hikers started 2012 off with exercise during last year's First Day Hike at Paris Mountain State Park. PROVIDED

Hike Paris Mountain State Park for New Year's

Staff report

As part of the First Day Hikes initiative at state parks in all 50 states, Paris Mountain State Park will hold a nature hike at 2 p.m. Jan. 1.

Ranger Cathy Taylor will lead a hike on the Turtle Trail, sharing lessons from nature to help you survive the new year.

By being flexible, a tree can withstand the storms of life. Taylor says that's just one of many lessons provided by nature, adding that she will invite hikers to share lessons they've learned from nature.

The program is free with admission, which is $2 for ages 16-64, $1.25 for seniors and disabled persons and free for children under 16.

The hike starts at Park Center. Registration is required.

To register, call 864-244-5565 during office hours from 9 a.m.-5 p.m. on Friday-Monday, or 11 a.m.-noon and 4-5 p.m. on Tuesday-Thursday.

For more information, go to www.SouthCarolinaParks.com or www.pmspf.org.